



## Carrot Cake

 Vegetarian

READY IN



45 min.

SERVINGS



22

CALORIES



188 kcal

DESSERT

## Ingredients

- 3.3 cups carrots grated ( 1 pound carrots)
- 4 large eggs
- 2 teaspoons ground cinnamon
- 2 tablespoons milk 1% low-fat
- 0.7 cup orange juice fresh
- 1 teaspoon orange zest grated
- 4.5 cups powdered sugar sifted
- 0.8 cup raisins

- 1.5 teaspoons vanilla extract
- 3.4 ounce vanilla pudding gluten-free instant
- 0.5 cup vegetable oil
- 0.8 cup walnut pieces chopped
- 15 ounce betty crocker's cake mix gluten-free yellow (such as Betty Crocker)

## Equipment

- bowl
- oven
- wire rack
- blender

## Directions

- Preheat oven to 35
- To prepare cake, combine first 7 ingredients in a bowl; beat with a mixer at low speed for 1 minute. Scrape sides of bowl; beat at medium-high speed for 2 minutes or until batter is smooth, scraping sides of bowl occasionally. (Batter will be thick.) Fold in carrot, raisins, and walnuts. Spoon batter evenly into 2 (9-inch) round cake pans coated with cooking spray.
- Bake at 350 for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes; remove from pans. Cool completely on a wire rack.
- To prepare frosting, place cream cheese, milk, and vanilla in a large bowl; beat with a mixer at high speed until creamy. Gradually add powdered sugar; beat at low speed just until blended.
- Place 1 cake layer on a plate; spread with 1/2 cup frosting. Top with remaining cake layer.
- Spread remaining frosting over top and sides of cake.

## Nutrition Facts



## Properties

Glycemic Index:8.3, Glycemic Load:3.16, Inflammation Score:-9, Nutrition Score:6.3347825019256%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## **Nutrients (% of daily need)**

Calories: 187.81kcal (9.39%), Fat: 4.58g (7.04%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 36g (12%), Net Carbohydrates: 34.7g (12.62%), Sugar: 29.28g (32.53%), Cholesterol: 33.89mg (11.3%), Sodium: 56.72mg (2.47%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 2.18g (4.35%), Vitamin A: 3308.46IU (66.17%), Manganese: 0.21mg (10.72%), Vitamin C: 5.35mg (6.49%), Fiber: 1.29g (5.18%), Copper: 0.1mg (5.02%), Selenium: 3.26µg (4.66%), Vitamin B2: 0.08mg (4.56%), Phosphorus: 45.22mg (4.52%), Potassium: 152.92mg (4.37%), Vitamin K: 4.58µg (4.36%), Vitamin B6: 0.08mg (3.86%), Folate: 14.33µg (3.58%), Magnesium: 12.36mg (3.09%), Vitamin B1: 0.04mg (2.89%), Iron: 0.51mg (2.84%), Vitamin B5: 0.24mg (2.38%), Vitamin E: 0.34mg (2.27%), Calcium: 21.79mg (2.18%), Zinc: 0.31mg (2.09%), Vitamin B3: 0.33mg (1.67%), Vitamin B12: 0.09µg (1.49%), Vitamin D: 0.2µg (1.31%)